

January/February 2004



*Happy Valentines
Day Feb 14*

See information on page 3



Inside this issue:

- Enlisted Club Calendars 2/3
- Officers Club Calendars 4/5
- Information 6
- Lodge 7
- Fitness 7
- OSC News 8

USAF SERVICES Courier

Combat Support & Community Service

The Chief of Staff of the Air Force recently sent out a "Chief's Sight Picture" entitled "Fit to Fight" that outlines a major fitness cultural-shift in the Air Force. The new program will get back to the basics of physical training (PT). Following is General Jumper's message.

Our superb Total Force performance in Operations ENDURING FREEDOM and IRAQI FREEDOM secured our reputation as the greatest Air Force in the world. We should all take great pride in that. Our execution of the war plan was also consistent with our core values. **Integrity**, in that we upheld the highest standards of performance, learned from the things we could have done better, and will make ourselves better as a result; **service before self**, in that 40,000 warriors deployed forward, supported by thousands more back home, to do the right thing for the people of Iraq and to play our part in the joint air, land, and sea effort; and **excellence**, in that we demonstrated the ability to plan and execute air and space missions with a degree of precision never before achieved. When looking at our Air Force overall, I am very pleased. One aspect of our Total Force that does need improvement, however, is our physical fitness.

About ten years ago, we transitioned to fitness testing based on the cycle ergometry test. This was done to preclude injuries experienced in the previous 1.5-mile run format. It was also deemed a more precise and high-tech way to measure aerobic performance. My belief is that we are a much different Air Force today. We deploy to all regions of the world, living in tent cities and working on flight lines in extremes of temperatures. Some of our airmen today are operating from inside Iraq, subject to attack, and could be called upon to help defend the base, a trend that will surely increase in the growing expeditionary nature of our business. The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture. It's time to change that.

We will soon release a new fitness program that gets back to the basics of running, sit-ups, and pushups. There will be accommodations made for those who aren't able to run for legitimate reasons. The cycle ergometry test may still be used for those not medically cleared to run. We are planning to issue physical training (PT) gear as part of the program and to put responsibility for PT in the chain of command, not with the medical community or the commander's support staff. I expect this effort to be led from the top, starting with commanders and senior NCOs, and I expect those who have trouble meeting the standards to be helped by others in their unit until they do meet the standard. Physical fitness should also be an area of concern for the Air Force civil servants. I encourage the civilian members of our Air Force organizations to join with their uniformed peers in participating in this program.

While we have weight and body fat standards that we must meet, there will be some, weightlifters in particular, who may be perfectly fit but not meet these standards. This is where I expect commanders to step in and make a decision. Everyone will have to pass the commander's eyeball test about how fit we are to wear the uniform. Every year we muster out about 400 people from our Air Force because of fitness issues. We should ask ourselves how many of those people were really trying to meet the standard and how many leaders and supervisors took an active part -- getting out and running with them, etc. -- in helping them meet the standard.

We will start this program on 1 January 2004. During the first week in January I plan to lead all Air Force General Officers in the Pentagon and the Washington, DC area in the PT test. During the same week, Chief Master Sergeant of the Air Force Murray will do the same thing with our Command Chiefs in the area. We will follow that with the colonels, the remaining chief master sergeants, etc. We will ask the MAJCOM commanders to lead similar efforts as their operational situations allow.

I think all of us can agree that we were disappointed with the fitness standards we found when we came into the operational Air Force. We expected to be required to sustain the standards required in basic training, the Air Force Academy, ROTC, or Officer Training School. Let's not disappoint ourselves any longer. The message is simple: if you are out of shape, fix it. If you have people in your squadron who need help, help them. January 2004 is the date. Be ready!

Reservations & General Info 612-713-1655
Catering 612-713-1674
 elizabeth.hill@minneapolis.af.mil
Operation Manager 612-713-1674
Membership 612-713-1680

Hours of Operation
Dining Room Closed Mondays

Lunch Tue-Fri 11:00-12:30
 Bar Menu Available Fri 5:30-8:30
 Open to 9 p.m. on UTA Weekends

Dinner available at O' Club Wed-Sat

Lounge

Sun, Mon, Tues Closed
 Wed - Thur 4:00-9:30
 Fri & Sat 4:00-Midnight

*** Bartenders may close early if no patrons in lounge.**

13 Jan

2-4-1

Chicken Parmesan
Held at the O'Club
5:30 & 7:00 Seatings

**Thanks to our E' Club
 Christmas Decorators**

Josie Cooper
 Margo Leslie
 Barb Taylor
 Deb Manselle

Advisory Board Meeting

Thursday, 22 Jan 04

10:30

Valentines Day

Dinner for 2

Champagne

Salad

New York Steak or Lobster

Chateau Potato

Seasonal Vegetable

&

Truffle Chocolate Torte



RSVP at the Officers Club by calling 612-713-3678

Club Membership Eligibility Requirements

You must be:

- Military (any branch) Active, Reserve, National Guard or Retired
- Federal Employee-Present or Retired (need agency retirees card)
- DoD Civilian-Present or Retired
- ROTC

ENLISTED CLUB JANUARY LUNCH MENU

SUN	MON	TUE	WED	THU	FRI	SAT
Menu Subject to Change	Check out the Friday Night Bar Menu 5:30-8:30			1 New Years Day Closed	2 Walleye	3 Lounge opens 4 p.m.
4 Club Closed	5 Club Closed	6 Grilled Pork Chop Omaha	7 Baked Chicken	8 Spaghetti	9 Breaded Catfish	10 Navy "A" 934 Troop Feeding
11 Navy "A" 934 Troop Feeding	12 Club Closed	13 Grilled Chicken Breast	14 Baked Meat Loaf	15 Iowa City Medallion of Pork	16 Seafood Platter	17 Club Closed
18 Club Closed	19 Holiday Martin Luther King	20 Chicken Fried Steak Tulsa	21 Salisbury Steak	22 Chow Mein	23 Fried Shrimp	24 Navy "B" Lounge opens 4 p.m.
25 Navy "B" Club Closed	26 Club Closed	27 San Francisco Chicken Stir Fry	28 Swedish Meat Balls	29 BBQ Ribs	30 Tuna Casserole	31 Club Closed Lounge opens 4 p.m.

The 934th Airlift Wing and Services would like to take this opportunity to welcome the new Consolidated Club Manager, Ms. Josie Cooper. Josie is originally from northern Italy and thinks she can easily adjust to the Minnesota weather in spite of recent assignments in California and Georgia. She is delighted to be back in the Reserve Command and looks forward to working with the Joint Forces.

Margo Leslie
Chief, Services Division

Welcome Aboard



American Heart Month

Adding almonds to your diet can lower your total cholesterol as well as your LDL (bad) cholesterol. Researchers believe almonds' cholesterol-cutting powers come from a high content of Vitamin E, monounsaturated fat, arginine, and fiber. Toss some slivered almonds on your salads.

24 Feb 2004

2-4-1

**Grilled Pork Chop
w/mushrooms**

Held at the O'Club

5:30 & 7:00 Seatings

Karaoke Grand Prize Winners

There were 2 winners

Congratulation to Lynann M. Dorrian & Eugene D. Hendrickson for winning the Karaoke grand prize. The winners each got \$250.00 from the \$500.00 grand prize.

ENLISTED CLUB FEBRUARY LUNCH MENU

SUN	MON	TUE	WED	THU	FRI	SAT
1 Super Bowl Sunday	2 Club Closed	3 Swiss Steak	4 Chicken Ala King	5 Stuffed Green Peppers	6 Walleye	7 Navy "A" Lounge opens 4 p.m.
8 Navy "A"	9 Club Closed	10 San Francisco Stir Fry	11 Meat Loaf	12 Baked Ham w/Pineapple Sauce	13 Salmon Patties w/Cream Sauce	14 Club Closed
15 Club Closed	16 Club Closed Presidents Day	17 Chicken Kiev	18 Veal Parmesan	19 Iowa City Medallion of Pork	20 Chicken Enchiladas	21 Navy "B"
22 Navy "B"	23 Club Closed	24 Chicken Fried Steak Tulsa	25 Grilled Pork Chop Omaha	26 Beef Stroganoff	27 Seafood Platter	28 Club Closed Lounge opens 4 p.m.
29 Club Closed	Check out the Friday Night Bar Menu 5:30-8:30					Menu's Subject to Change

A big welcome to the Navy & Marine Corps Reserve Center Members

Meet your friends at the
O' Club on a day
designated just for you

Friday January 30th
4-6 p.m.

Officers Club
Lodge Room

Officers & Enlisted
Welcome

Advisory Board Meeting

10:30

Wednesday, 21 Jan 04

Thanks to the O' Club Christmas Decorators

Dorthea Summers
Cal & Sandy Blomquist
Ed & Lorene Roy
Irv Helmken
Roy Schroeder
Karen Hodge
Marge Hyatt
Josie Cooper
Margo Leslie
Deb Manselle

IMPORTANT NUMBERS!



General Info: 612-713-3678
Reservations: 612-713-3678
Catering: 612-713-3672
oclubcaterer@starband.net
Lounge: 612-713-3676
Membership: 612-713-1680
General Manager: 612-713-3670

ZEN thought for those who take life too seriously: A day without sunshine is like, night.


Club Catering

We cater weddings, graduations, anniversaries, promotions parties, retirements, birthdays, wedding & baby showers, etc. We have rooms to accommodate 12-200. Book your parties with us and receive the 10% member discount on your personal functions. There is no tax charged at military clubs which is an additional savings.

O' Club 612-713-3672

E' Club 612-713-1674

OFFICERS CLUB DINNER MENU—JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	Salad Bar Available Friday & Saturday Only	NO LUNCH ON SATURDAYS		1 New Years Day Club Closed	2 Shrimp Scampi New Orleans	3 Prime Rib King or Queen
4 Club Closed	5 Lounge Opens 4 p.m.	6 Bar Menu Available	7 Wiener Schnitzel	8 Chicken Stir Fry	9 Blackened Cat Fish Fillet	10 Beef Medallion w/Wild Mushrooms
11 Club Closed	12 Lounge Opens 4 p.m.	13 2-4-1 Chicken Parmesan RSVP	14 Meat Loaf	15 Calf's Liver w/Bacon & Onions	16 Grilled Salmon w/Fresh Herbs	17 Prime Rib King or Queen
18 Club Closed	19 Martin Luther King Jr's Birthday Club Closed	20 Bar Menu Available	21 Pork Chop Marinara	22 Chicken Cordon Bleu	23 Surf & Turf	24 Pork Medallion
26 Club Closed	26 Lounge Opens 4 p.m.	27 Bar Menu Available	28 Pork Roast Scandinavia	29 Chicken Primavera	30 1 LB Peel N Eat Shrimp	31 Prime Rib King or Queen

OFFICERS CLUB**Hours of Operation**

OfficersClub@starband.net

DINING ROOM**Lunch**

Tuesday-Friday 11 a.m. to 1 p.m.

Dinner

Wednesday-Saturday 5:30 to 8:30 p.m.

LOUNGE

Monday - Thursday 4 p.m. to 11 p.m.

Friday & Saturday 4 p.m. to Midnight

**Lounge menu available 4 to 8:30 p.m.
Tuesday through Saturdays**

**Super Bowl Sunday****1 February 2004**

**Come watch the Super Bowl XXXVIII
on the big screen TV at the O' Club**

Hosted at Reliant Stadium Houston TX**at 12 p.m.****Free Food at half-time for Members****Non-members \$3.00**

Advisory Board Meeting : Wednesday 25 Feb 04, 10:30

**Reserve Your Valentines Dinner Now!**

*Dinner for 2—Champagne, Salad, New York Steak or Lobster, Chateau Potato, Seasonal
Vegetable & Truffle Chocolate Torte*

RSVP by calling 612-713-3678**OFFICERS CLUB DINNER MENU—FEBRUARY**

SUN	MON	TUE	WED	THU	FRI	SAT
1 Super Bowl	2 Lounge Opens 4 p.m.	3 Bar Menu Available	4 Chicken Alfredo	5 Meat Loaf	6 Seafood Market Place	7 Beef Tenderloin Wellington RSVP
8 Club Closed	9 Lounge Opens 4 p.m.	10 Bar Menu Available	11 Calf's Liver w/Bacon & Onions	12 Green Peppercorn Steak	13 Shrimp Tempura	14 New York Steak or Lobster for 2
15 Club Closed	16 Presidents' Day Club Closed	17 Bar Menu Available	18 Pork Chop Grilled	19 Chicken Cordon Bleu	20 Seafood Combo	21 Prime Rib King or Queen
22 Club Closed	23 Lounge Opens 4 p.m.	24 2-4-1 Grilled Pork Chop w/Mushrooms RSVP	25 Shrimp Scampi	26 Top Sirloin	27 Cold Water Lobster Tail	28 Pork Medallion
29 Club Closed	No Lunch on Saturdays		Salad Bar Available Friday—Saturday Only			Salad

Club Manager Message,

If you have not been to the club since my arrival the 1st of December I would like to introduce myself to you. My name is Josie Cooper—I have transferred here from Vandenberg AFB. I am looking forward to working with all of you in these beautiful clubs. I have had a long career in the club system and will be putting my experience to work for the 934th Airlift Wing Clubs. Make sure to introduce yourself when you see me at the club. Your clubs are open more hours and have a much broader schedule than the previous two clubs I've been managing which is exciting.

I would like to invite you to treat your Valentine to a romantic evening at the Officers Club. The Chef has been working hard to make this night special for you and your valentine. You will have a choice of New York Steak or Lobster dinner for two, with all the trimmings to include a Spectacular Truffle Chocolate Torte you won't want to miss. Reservations and cancellations must be made no later than 6 February.

On Friday January 30th, Services welcomes the Naval & Marine Reserve Center members with social hour snacks in the Lodge Room.

One of the perks to being a club member is getting a certificate for your birthday dinner at the club. I would like to challenge all members to invite your family and friends to enjoy your birthday with you. Remember that your family and friends also get the member discount when you bring them to the club as your guests.

It is exciting to see the different services in one area and I'm looking forward to programming for all of you. I enjoyed seeing the "traditional Army-Navy game at the O Club on Dec 6th. Let me know what we can do for each of you. Our clubs are consolidated and either club can be used for your functions. Check out our new "Lodge Room" in the Officers Club. It's a great Minnesota theme room for groups up to 80.

If you are not a club member and would like to "try us out", we can give a temporary membership for two months to see if you like what we have to offer.

We cater for military functions, weddings, graduations, anniversaries, promotions, retirements etc.

Josie Cooper

Services Employee Feature - Joyce Shillingstad



Joyce Shillingstad is a Lodging Clerk at the North Country Lodge. She grew up in Minneapolis, has 1 child and is widowed. She loves to cook, bake, give parties, sew, and read cook books. Her fellow workers look forward to Friday because its "treat day" from Joyce. Her family tradition at Christmas time is a big pot of Wild Rice Soup served up in fancy dishes with candles and a Christmas centerpiece, and plenty of baked goods for dessert. She loves Rock & Roll, Elvis and shopping for bargains. Joyce likes working for the Air Force because she meets guests she would otherwise never meet. She loves to share a laugh with customers as she helps them with their reservations. Her husband who passed away a few years ago and her son have also worked for the Air Force Reserve. Joyce has shared her family with the Air Force Family and is still giving her time. Good going Joyce.

North Country Lodge - Phase III of our new facility opened on 14 Nov 03. Our four new business suites: Eagle's Nest, Loon Lake, Northern Pike and Deer Run, as well as 121 VQ guest rooms are open for business. We are looking forward to being in one building. We think it will be easier to serve our clientele better now. We hope the switch over has not been too hard on our customers. We have worked very hard on our move but if you think we missed anything please let us know. Thank you for your constant support during our time of upheaval.

Bldg 711, our older facility, is no longer in use. Our sale went well but we have other miscellaneous furniture items that may be available for sale at a later time.

Reservations: Call 1-888-AF-Lodge or (612) 726-9440

Web page <http://www.afrc.af.mil/934aw/Lodgingweb/lodging.htm>

The Armed Forces Service Center at the airport is in need of additional volunteers. The center is open 24 hours a day—7 days a week. Volunteers work 4 hour shifts.

“Active duty” military personnel and their dependants are eligible to utilize the center during their layovers in Minneapolis. The Center offers:

- A comfortable lounge - TV with CNN - Food
- Sleeping bunks - Fax Machine - Copy Machine
- Internet - E-Mail - Local/long distance phone svcs

Free valet parking is available for volunteers. Volunteers are especially needed for the Midnight to 4:00 a.m. and 4:00 to 8:00 a.m. shifts. Many of the faithful volunteers head for warmer climates in the winter. Persons interested in doing something important, and really worthwhile for the active duty troops—should contact the Service Center at:

Phone: 612-726-9156—E-mail: afsc_msp@qwest.net

Private Organizations

Private Organizations are Self Sustaining & non-Federal entities, incorporated or unincorporated, which are operated on DoD installations with the written consent of the installation commander or higher authority, by individuals acting exclusively outside the scope of any official capacity as officers, employees, or agents of the Federal Government.

If you want to raise funds in any way you need to become a Private Organization. Call Deb Manselle at (612) 713-1662 and have a Private Organization Package mailed to you. The process is easy and you become a legitimately recognized Private Organization.

FITNESS CENTER

612-713-1496

HOURS OF OPERATION

0500-2100
Monday-Thursday

0500-2000
Friday

0800-1600
Weekends

CLOSED FEDERAL HOLIDAYS

Contact the Fitness Center to sign up for: Volleyball for Jan & Feb, Racquetball Ladder for Jan-Apr, Bowling & Basketball in March. Join in the fun.



Discount Tickets

Camp Snoopy discount coupons

Underwater Adventures
\$9.00,
\$5.00 child

Chanhassen Dinner Theater
(call the Fitness Center for details)

Minnesota Zoo
&

IMAX Theater,
20% discount card.

Armed Forces Vacation Club

Time share units for \$249 a week—www.afvclub.com

Air Force Travel

www.aftavelonline.com

Colorado R&R USAF Academy Travel Service

www.coloradorandr.com



Outdoor Recreation Equipment Rental— Our new building is being Constructed and will be ready in the spring.



934th Services Squadron
760 Military Highway
Minneapolis, MN 55450

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It is time to book those 4004 spring and summer weddings. To get the date and rooms you want at either club you want to book your date earlier rather than later. Call or e-mail the O or E Club caterers to make an appointment to view the rooms and menus. We also do grooms dinners and showers.



Officers Spouses Club (OSC)

January 2004: There is no meeting. Enjoy the warm indoors.

February 19, 2004 at 11:30 am, \$12.00

Luncheon program will feature Marion Hvistendahl in character as Mary Todd Lincoln. Mrs. Hvistendahl is a retired college professor, who enjoys Women's history.

Reservations: Roberta Groneman: 763-494-3517 or Lucille Peterson: 952-544-1828

Tuesday Bridge: 2nd & 3rd Tuesday each month at 10 am. Call Germaine Reuterdaahl for more details at 952-881-0107

Evening Bridge: 1st & 3rd Wednesdays each month at 7 pm. Call Inez Gugisberg at 651-481-1983 or Diane Lerohl 952-935-4467

New members always welcome. Membership fee is \$20/year. The purpose of the OSC is to foster a high degree of morale and goodwill among members and to promote their interests through cultural, recreational, educational, social and charitable activities. Contact Lee Claar at 952-831-5252